

Emotion Regulation

SUMMARY

In this episode of *Change Starts Here: Research Conversations*, cognitive neuroscientist Dr. Eve Miller, Ph.D and former educators Dr. Jennifer Chevalier, Ed.D, and Kim Yaris, M.Ed. explore the connection between emotion regulation, executive function, and academic achievement.

DEFINITION

Emotion regulation is the ability to recognize, understand, and manage one's emotions and emotional responses. This essential skill enables students to respond to challenges and stressors more effectively; make more reasoned and informed decisions; maintain focus and attention; and establish healthier social connections, all of which can impact their academic performance in school.

TRY THIS!

Respond to others using a validating statement that acknowledges and affirms their feelings, experiences, and perspectives.

If a student...

- Yells at a peer
- Blurts out an answer to a math problem

Then try saying...

- "You must be feeling angry right now."
- "You must feel eager to share what you know."

Validation directly addresses the emotions one may be experiencing which, in turn, helps to regulate them.

RESOURCES TO LEARN MORE

- [Educational Neuroscience Toolkit](#)
This toolkit created by the incredible educational neuroscience team at Butler University provides weeks of lessons on the brain, emotions, well-being, negativity bias, stress, anxiety, and so much more. All of it is designed for teacher use.
- [Emotional self-regulation: an overlooked aspect of teen mental health](#)
This short article provides a great overview of what emotion regulation is, what it looks like for teens, and what adults can do to help teens learn to regulate their emotions.